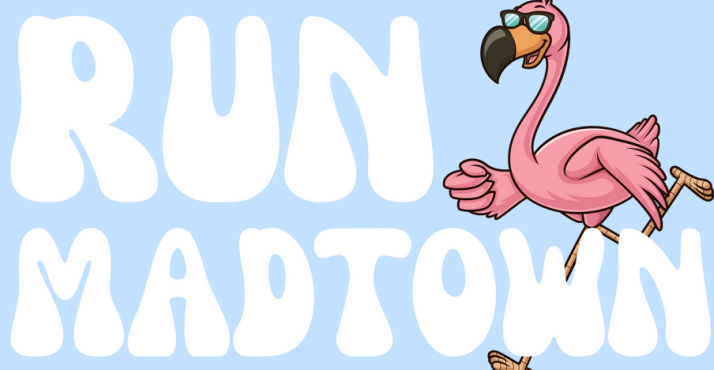




8-WEEK 5K - NOVICE RUNNER TRAINING PLAN

Michelob  ULTRA®

IT'S ONLY WORTH IT IF YOU ENJOY IT

WEEK	M	T CROSS TRAIN	W	T	F CROSS TRAIN	S	S
1	20-24 Minutes 2 miles	Cross train 30 Minutes	20-24 Minutes 2 miles	Rest	Cross train 30 Minutes	30 Minutes 3 miles	Rest
2	20-24 Minutes 2 miles	Cross train 30 Minutes	20-24 Minutes 2 miles	Rest	Cross train 30 Minutes	30 Minutes 3 miles	Rest
3	20-24 Minutes 2 miles	Cross train 30 Minutes	20-24 Minutes 2 miles	Rest	Cross train 30 Minutes	30 Minutes 3 miles	Rest
4	30 Minutes 3 miles	Cross train 30 Minutes	20-24 Minutes 2 miles	Rest	Cross train 35 Minutes	45 Minutes 4 miles	Rest
5	30 Minutes 3 miles	Cross train 30 Minutes	20-24 Minutes 2 miles	Rest	Cross train 35 Minutes	45 Minutes 4 miles	Rest
6	30 Minutes 3 miles	Cross train 30 Minutes	20-24 Minutes 2 miles	Rest	Cross train 35 Minutes	45 Minutes 4 miles	Rest
7	30 Minutes 3 miles	Cross train 30 Minutes	20-24 Minutes 2 miles	Rest	Cross train 30 Minutes	20-24 Minutes 2 miles	Rest
8	20-24 Minutes 2 miles	Cross train 30 Minutes	20-24 Minutes 2 miles	Rest	Rest		CELEBRATE

THIS TRAINING PLAN IS DESIGNED FOR
NOVICE RUNNERS PLANNING TO COMPLETE THE
TWILIGHT 5K ON MAY 24TH